

Using the Internet for Health Information

eHealth is short for electronic health. It is the use of technology for health, which can include phone apps, online medical records, and using the internet for health information. Are you eHealth literate? Can you easily find health information online? Can you determine which health web sites are credible? Can you understand and apply the health information you find? These are all eHealth literacy skills.

The four over-the-counter (OTC) pain relievers listed on the right have risks and benefits that should be weighed when selecting medicines. Your team will do internet research to determine which pain reliever is “best” for back pain. One member of each team will research one of the medications. Then, the teams will meet to discuss which medication the team thinks is best for back pain.

Over-the-Counter Pain Relievers

- Aspirin
- Acetaminophen (Tylenol)
- Ibuprophen (Advil)
- Naproxen (Aleve)

1. Each member of the team will be responsible for doing internet research on one of the pain relievers. What pain reliever will you be researching?

When you search for health information online, it important to select websites are reliable sources of health information. **MedlinePlus Guide to Healthy Web Surfing** (<https://medlineplus.gov/healthywebsurfing.html>) provides some guidelines for selecting reliable websites.

2. Do an internet search for the pain reliever assigned to you and select 3 websites that you think are trustworthy sources of information. Do not use Wikipedia as a website. List the URL’s for the websites you selected below. Explain what evidence you used in determining that these websites were “healthy” sources of information by looking at the Medline guide provided to you.

Website 1: _____

Why did you choose this one?

Website 2: _____

Why did you choose this one?

Website 3: _____

Why did you choose this one?

3. Use the three websites that you selected. Find information about your assigned medication that your team may find helpful to decide which of the four pain relievers is “best” for back pain. For instance, what type of pain does the medication help with? Record that information in the space below.

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